

## **Thirty ways to participate in National Alzheimer's Disease Awareness Month**

*How to use: Discuss in your daily standup meeting; post it on a bulletin board; or share it with families. You can also use it for inspiration—create your own list of ways to participate!*

1. Check your community calendar for education programs about Alzheimer's and commit to attend one this month.
2. Bring some fresh flowers to your local adult day center.
3. Organize an Alzheimer's awareness session for members of your faith community.
4. Offer to be with a person with dementia while his or her family member attends a support group.
5. Google "Alzheimer's Café" to learn more about this innovative program offering space for informal talk, exchanges and consultations for families living with Alzheimer's. Could you start one in your area?
6. Write a letter to the editor about your experience as a family member of someone struggling with Alzheimer's disease or dementia.
7. Gather materials to begin creating a life story or scrap book.
8. Offer to write life stories for day centers and residential communities.
9. Take your hobby to a day center or residential home for fun.
10. Share your trained dog for enjoyment at a residential home.
11. Recruit a friend to play the piano—or play it yourself!—for a local dementia care program.
12. Donate some big band CDs to a local Alzheimer's program.
13. Give lots of hugs to your family member, or schedule a "Give-a-Hug Day" at your program.
14. Create a bulletin board of your residents' home towns and preferred names, with a photo.
15. Visit a museum or an art show with a person with dementia.
16. Enjoy some ice cream together!
17. Explore [www.alz.org](http://www.alz.org) the Alzheimer's Association's web site, to learn what's new in dementia research and care.
18. Take a goodie basket to a family.
19. Accompany a caregiver when he or she has to take a family member to the doctor.
20. Make a birthday cake for a person with dementia or his or her caregiver.
21. Organize a "lunch bunch" or social program for couples living with Alzheimer's disease.
22. Facilitate a gentle chair yoga or tai chi class for persons with dementia using a DVD. Google "chair yoga" to find an appropriate DVD.
23. Ask staff to wear purple, the color for Alzheimer's awareness.
24. Read this year's World Alzheimer's Report, posted on the web site of Alzheimer's Disease International.
25. Learn about the art of collage from the internet and introduce it to your program.

26. Declare Compliments Day! Encourage everyone in your program to say something nice about someone else.
27. Light a candle for a cure or hold a candlelight vigil.
28. Write a letter to Congress asking for more funding for research.
29. Encourage physical activity and socialization by starting an exercise class, walking club, or stretch group.
30. Start organizing a team or raising money for the fall 2012 Walk to End Alzheimer's.